

Ex-bat's chief's silence
buffs GMA supporters

By Phyliss Lee Lim
 and Eric R. Rasmussen

MANILA (AP) — The silence of former Philippine President Corason Aquino's chief of staff, Gen. Antonio Trillanes, has become a talking point for supporters of the former president's family.

Trillanes, who served as Aquino's chief of staff from 1993 to 1998, has been a vocal supporter of the Aquino family since leaving the White House. He has been a member of the Philippine National Police (PNP) and has been a vocal supporter of the Aquino family since leaving the White House.



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Ex-agri official gives
sanctuary to the old news

By Phyliss Lee Lim
 and Eric R. Rasmussen

MANILA (AP) — The former Philippine Agriculture Secretary, Gen. Antonio Trillanes, has been a vocal supporter of the Aquino family since leaving the White House.

AFP: We're doing probe



AFP leaders in the center of the group, including Gen. Antonio Trillanes, are seen with other officials in the Philippines. (AP Photo/Philippine Daily Inquirer)

But military
won't talk on
inquiry into
wiretapping

By Phyliss Lee Lim

MANILA (AP) — The Philippine National Police (PNP) is conducting a probe into the alleged wiretapping of a group of officials in the Philippines, including Gen. Antonio Trillanes, a former Agriculture Secretary.

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Free Sun Kyi, Asean leaders urge Burma

MANILA (AP) — Leaders of the Association of South East Asian Nations (ASEAN) have urged the Burmese government to free Sun Kyi, a prominent opposition leader.

The ASEAN leaders, including the Philippines' President Gloria Macapagal-Arroyo, have urged the Burmese government to free Sun Kyi, a prominent opposition leader.



A military vehicle, possibly an armored car, parked on a street in the Philippines.

PNP dismisses

coup rumors

as 'all noise'

MANILA (AP) — The Philippine National Police (PNP) has dismissed rumors of a coup as "all noise."

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Las Piñas revives salt-making tradition



A group of people working in a field, likely involved in salt-making in Las Piñas.

MANILA (AP) — The town of Las Piñas in the Philippines has revived its traditional salt-making industry.

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THAI COIN WOULD

Cable pilferage traced

to rising copper prices

MANILA (AP) — The Thai government has traced cable pilferage to rising copper prices.

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Veep votes recount begins; sparks fly

By Divine & Ignacio

MANILA (Inquirer) — The recount of votes for Vice President in the 1990 elections has begun, and it is expected to be a long and contentious process. The recount is being conducted by the Commission on Elections (COMELEC) and is expected to take several weeks to complete. The recount is being conducted because of the large number of complaints filed with the COMELEC regarding the 1990 elections. The recount is expected to be a long and contentious process because of the large number of complaints filed with the COMELEC regarding the 1990 elections. The recount is expected to be a long and contentious process because of the large number of complaints filed with the COMELEC regarding the 1990 elections.



At the Makabayan Center, a group of people are gathered around a table, looking at documents. They appear to be in a formal setting, possibly a government office or a court.

Why attacking

The Commission on Constitutional Amendments (CCA) is a body created by the 1987 Constitution to study and recommend amendments to the Constitution. It is composed of 12 members, including the President, the Vice President, the Speaker of the House, the President of the Senate, and six members appointed by the President. The CCA has been working on the plan since it was created. It has held several public hearings and has received many suggestions from the public. The plan is to amend the 1987 Constitution to allow for a new election system, to allow for a new system of local government, and to allow for a new system of national government.

State of debate

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Agree on plan

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DFA looking into Internet report of rape of Pinay by foreign envoy

By Divine & Ignacio

MANILA (Inquirer) — The Department of Foreign Affairs (DFA) is looking into a report that a foreign envoy raped a Pinay (Filipina woman) in Manila. The report was made public on the Internet. The DFA is looking into the report because it is a serious violation of the law. The DFA is looking into the report because it is a serious violation of the law. The DFA is looking into the report because it is a serious violation of the law.

Joma fears abduction by US agents

By Divine & Ignacio

MANILA (Inquirer) — Joma Sison, a prominent Filipino human rights activist, is reportedly afraid of being abducted by US agents. Sison has been a vocal critic of the US military presence in the Philippines. He has been accused of being a communist sympathizer. Sison has been a vocal critic of the US military presence in the Philippines. He has been accused of being a communist sympathizer. Sison has been a vocal critic of the US military presence in the Philippines. He has been accused of being a communist sympathizer.

Erap asks permission to attend brother's wake

He also wants to spend Christmas and New Year in his San Juan home



MANILA (Inquirer) — Joseph Estrada, the former Vice President of the Philippines, has asked for permission to attend the wake of his brother, who was killed in a recent explosion. Estrada also wants to spend Christmas and New Year in his home in San Juan. Estrada has been a vocal critic of the current administration. He has been accused of being a communist sympathizer. Estrada has been a vocal critic of the current administration. He has been accused of being a communist sympathizer. Estrada has been a vocal critic of the current administration. He has been accused of being a communist sympathizer.

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TUESDAY, DECEMBER 13, 2005



A FILIPINO farmer, covered with imported vegetables, plays dead to dramatize the alleged ill-effects of the upcoming sixth World Trade Organization Ministerial Meeting in Hong Kong during a rally in Manila Monday.

700 Pinoy activists join HK march today

By Blanche S. Rivera

HONG KONG (via PLDT)—SEVEN hundred Filipino fishermen, farmers, economists and lawmakers will march with some 7,000 other protesters from all over the world when the sixth Ministerial Conference of the World Trade Organization (WTO) opens at Wan Chai Convention Center here today.

From Wan Chai Causeway, where there will be a fluvial parade of some 400 Southeast Asian fishermen led by the Philippines, to Victoria Park, where the protesters will converge for the big march, the world's trade leaders are bound to hear the call for better and fairer trade.

"We came here today not as potential troublemakers, but as a nonviolent group that will engage in peaceful protests to air our grievances, and no amount of delay, harassment and discrimination from the host country can deter us," leaders of Kilusang Mangingisda (Fisherfolk Movement) from the Philippines said in a press briefing yesterday.

Militant Filipino groups and technical advisers of the Philippine negotiating team to the WTO agreed no deal was better than more onerous agreements in agriculture, industries and services that have plunged poor countries into trade deficits.

Filipino legislators representing militant party-list groups like Satur Ocampo and Teddy Casiño are also here.

The Hong Kong People's Alliance, coordinator of all anti-WTO activities here, said the demonstrations this week would be the biggest international

protests to be staged in this cosmopolitan territory of nearly seven million people.

"Our voice is very, very strong this time. It should be stronger than in Cancun [Mexico]," HKPA coordinator Mabel Au told the *Inquirer* yesterday by phone.

The HKPA estimated 600-700 Filipinos would join the march from Victoria Park to the Wan Chai area at 2 p.m. today.

"The Filipino group is one of the big groups. It's second to the Koreans," Au said.

The Southeast Asian Fish for Justice Network (Seafish-J) has secured a permit and three boats to carry its members from the Philippines, Indonesia, Thailand and Cambodia on the two-hour fluvial parade which starts at 10 a.m.

"Up to now, we don't see any possibilities of coming up with good agreements in the WTO," said Au, when asked the chances the Hong Kong Ministerial would collapse like the Cancun meeting did in 2003.

Developing countries are demanding cuts in the government subsidies the United States and the European Union give to their farmers and fishermen. This allows the rich countries to export agricultural and industrial products at much lower prices, slowly killing the industries in the poor countries.

"The protests against the AoA (Agreement on Agriculture) are widespread. The greatest number of the world's peoples make their living in agriculture, and the WTO's moves to fully liberalize the sector has caused global outrage," said Carol Araullo, vice chair of the International League of People's Struggles and chair of Bagong Alyansang Makabayan.

Bird flu affects pigs, too

By Edson C. Tandoc Jr.

NOT EVEN PIGS WOULD BE SAFE.

The dreaded avian flu can be transmitted not only to other birds and humans but pigs as well.

Once this happens, the virus could mutate into a more dangerous strain and finally start a pandemic, rapidly transmitting an unknown virus to humans, Philippine Council for Health, Research and Development Director Jaime Montoya said yesterday.

Montoya was one of the three speakers at a forum on avian flu at United Laboratories in Mandaluyong City.

So just as humans are taking precautions when handling birds and poultry, so should hog growers also protect their pigs.

"If possible, pigs should not be allowed to get in contact with chickens or migratory birds," Montoya said.

He said pigs could be infected both by birds and humans with the virus.

But once in a host pig, "the virus could exchange genes so the final virus could have the characteristics of both."

This would result in a new virus that could be transmitted between humans and catch the world unprepared, Montoya said.

There have been several cases of the virus being transmitted from birds to humans, a few ending in death, but there have been no cases of human-to-human transmission recorded yet.

The Philippines remains bird flu-free but Montoya said "the threat is always there."

He said the best the country could do was to prepare.

The forum was attended by hundreds of medical practitioners, some through video phone patch from Cebu, Davao, Cagayan de Oro and Baguio cities.

"This is still part of our preparedness campaign. We are starting with our health workers, giving them proper and correct information," Emerging Diseases Infectious Diseases Office Program Manager Luningning Villa, one of the forum speakers, told the *Inquirer*.

Health experts earlier said a bird flu pandemic was "inevitable."

"A pandemic starts when a new virus unknown to human beings is transmitted," World Health Organization Philippine Representative Jean-Marc Olive said.

To prevent this, the current bird flu problem has to be controlled, he said.

Olive said countries should closely coordinate efforts to wipe out the disease and avoid hiding cases, especially if human-to-human transmission breaks out.

Free detainees

GMA calls on Asean to ensure energy supply

Detainees freed

The Philippine National Police (PNP) has freed 10 detainees who were arrested during a recent anti-drug operation in the city of Manila. The PNP said the detainees were found to be innocent of the charges against them and were released without any conditions.

The detainees were arrested on suspicion of being involved in the sale of illegal drugs. However, after a thorough investigation, the PNP found that the detainees were not involved in any criminal activity and were released.

The PNP said that the release of the detainees was a result of the police's commitment to the rule of law and the protection of the rights of all citizens. The police also said that they would continue to work hard to maintain law and order in the country.

Manila airport closed

Manila's Ninoy Aquino International Airport (NAIA) was closed for several hours on Monday due to a fire that broke out in the terminal building. The fire started in the baggage claim area and quickly spread to the adjacent terminal. Firefighters arrived at the scene and worked to contain the fire, but it took several hours to bring the fire under control.

The closure of the airport caused significant disruption to travel, with many flights being delayed or canceled. The airport authority said that it was working to get the airport back up and running as quickly as possible.

By Christine C. Arnesen

MANILA, Philippines — The Philippine National Police (PNP) has called on the Association of Southeast Asian Nations (Asean) to ensure the energy supply to the Philippines. The PNP said that the country's energy supply is critical to its economic growth and that it needs the Asean to ensure that the supply is stable and secure.

The PNP said that the Philippines is a member of the Asean and that it has a right to be treated as an equal member. The police said that it needs the Asean to ensure that the energy supply is stable and secure, as this is critical to the country's economic growth.

The PNP also said that it needs the Asean to ensure that the energy supply is affordable. The police said that the current energy prices in the Philippines are too high and that this is a major barrier to economic growth.

PNP dismisses coup rumors as 'all noise'

The Philippine National Police (PNP) has dismissed rumors of a coup attempt as "all noise." The PNP said that there is no evidence to suggest that a coup attempt is being planned or carried out. The police said that the rumors are just "all noise" and that they are not to be taken seriously.

The PNP also said that it is committed to maintaining law and order in the country and that it will take any necessary action to prevent a coup attempt. The police said that they are confident that they can maintain the stability of the country.

Ex-ago official

The Philippine National Police (PNP) has arrested a former official of the Philippine Air Force (PAF) on suspicion of being involved in a corruption case. The PNP said that the official was arrested on Monday and is being held in custody. The official is accused of receiving bribes from a private company in exchange for favorable treatment in the procurement of military equipment.

The PNP said that the official is a high-ranking officer in the PAF and that he has been involved in several procurement contracts. The police said that they have evidence to suggest that the official is involved in a corruption scheme and that they are working to bring the case to court.

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The WORLD

File: Lawrence S. Brown

Blasts set off massive fire near London

HEAVY INVESTIGATION ENGLAND—A massive fire that raged for hours, set off by a series of explosions, ripped through a key London suburb, sending many people fleeing and thick black smoke into the sky of southern England.

The explosion, which occurred in the early hours of the morning, was the most serious in a series of attacks that have shaken the city in recent months. The fire, which spread rapidly, destroyed several buildings and caused significant damage to the surrounding area.

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Nigerians demand answers after plane crash

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Wreckage of a Nigerian Airlines plane that crashed in the Atlantic Ocean last month. The plane was carrying 107 passengers and crew.

A die in Japan's latest suicide pact

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Rights group says top Sudan leaders ordered Darfur crimes

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Race tensions spark Sydney beach violence

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Parents of children who were injured in a shooting at a beach in Sydney last month.

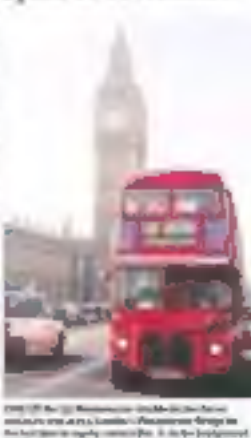
China arrests official over shooting of demonstration

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Farewell to red symbol of London

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A red double-decker bus, a symbol of London, drives past Big Ben in the city.

TUESDAY,
DECEMBER 13, 2005

A 9

Japan ends 2-year ban on US beef

TOKYO—JAPAN GAVE THE FINAL GO-AHEAD Monday to resume imports of some US beef after a two-year ban over mad cow disease, averting a potential trade war between the close political allies.

But it remains to be seen if the decision will bring closure to the drawn-out saga, with only a small amount of US beef set to return to the shelves in what used to be the US industry's biggest overseas market.

Japan said it would send inspectors to North America to ensure compliance with Japanese safety guidelines—that the slaughtered cattle be no more than 20 months old and risky parts of their bodies removed.

The United States rejoiced in the victory—and set its sights on other Asian countries that halted US imports in the health scare.

"Now is the time for Taiwan, South Korea, Hong Kong, Singapore and others to open their markets to US beef," US Agriculture Secretary Mike Johanns said in a statement.

But even in Japan, the lifting of the ban may not appease disgruntled US farmers and politicians, with Japan expected only to import a fraction of the beef it once took in.

Consumer groups have called for labels identifying North American beef and polls show that many Japanese will not start eating it again any time soon.

A survey published by Kyodo News last week showed 75 percent of Japanese surveyed would be unwilling to eat the beef, with many saying they would keep buying the meat from Australia—the biggest beneficiary of the US beef ban.

Japanese officials insisted to a wary public that they did not succumb to political pressure.

"We were able to make progress from the scientific point of view without being affected politically," Vice Agriculture Minister Mamoru Ishihara said.

Yoshinoya, a popular fast-food chain which stopped its signature dish of seasoned beef on rice due to the ban, said it would take at least two months to buy US beef again.

"We'd like to resume beef dishes as soon as possible but even after we start it will be limited due to the partial resumption of beef imports," Yoshinoya spokesperson Eiko Tanisawa said, referring to the age restrictions on slaughtered cattle.

The United States has already sought to relax the Japanese rules by raising the age of slaughtered cattle to 30 months old—a proposal rejected by Tokyo.

"We hear through the media that the US may want to export beef 30 months or younger but the US side has accepted the conditions presented by Japan," Senior Vice Agriculture Minister Mitsuhiro Miyakoshi told reporters.

Japan barred imports of US beef in December 2003 after cases of mad cow disease, formally known as bovine spongiform encephalopathy (BSE), were discovered in cattle in the country.

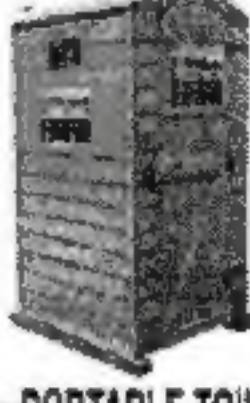
It was a devastating blow to the US farming industry as Japan was the number one overseas market for its beef, buying \$1.7 billion worth in 2002. Japan had imposed a similar ban on Canadian beef in May 2003.

The United States has applied intense pressure on Japan to resume beef imports, with the issue consistently raised in visits by US envoys to Washington's closest Asian ally.

AFP

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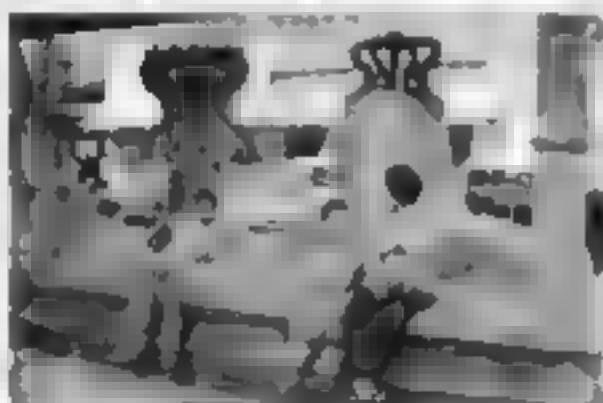
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Army says MILF recruiting more men

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Figure 1 illustrates the experimental setup. A subject is seated at a table, looking at a video screen. A camera is positioned above the screen. A target is placed on the table. A horizontal arrow indicates the direction of movement from the starting point to the target. The distance between the starting point and the target is labeled 'D'. The distance between the starting point and the video screen is labeled 'L'. The distance between the video screen and the target is labeled 'D-L'.



The diagram illustrates the experimental setup for measuring the time delay of a laser beam. A laser beam is emitted from a source on the left, passes through a beam splitter, and is then directed through a series of lenses and mirrors. The beam is focused onto a sample, which is positioned at a distance L from the beam splitter. The time delay of the beam is measured by comparing the time it takes for the beam to reach the sample with the time it takes for a reference beam to reach a detector. The setup is labeled with various components including 'Laser', 'Beam Splitter', 'Lenses', 'Mirrors', and 'Sample'.

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or funding

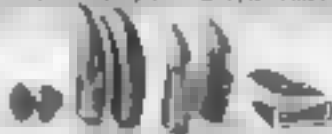
† needs. Landslides isolate 3 Aurora towns

Search for b trapped in coal mine suspended

Gov't backs white shrimp culture

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US firm penalized for unauthorized exploration

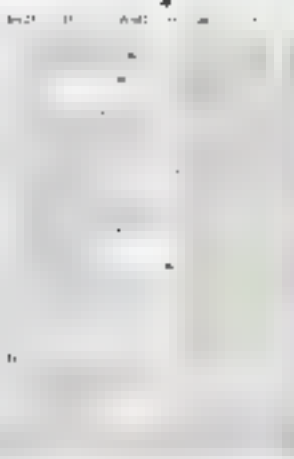


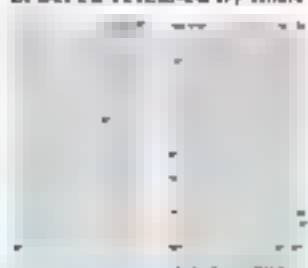
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Punongbayan given posthumous award



MANUEL PUNONGBAYAN

Cotabato airport funds ordered released by GMA

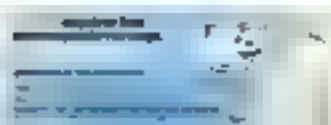


AP/WIDEWORLD



TEAM Philippines: SEA Games champion!
 Your strength is our Filipino athletes!

Author of / and / to talk in public in London Brighton and elsewhere in Europe 2014



MMDA ban on Metro road diggings starts

By Special Correspondent

The Metropolitan Manila Development Authority (MMDA) has issued a ban on road diggings on Metro Manila roads starting Monday, June 1, 2010. The ban is aimed at ensuring the safety of motorists and pedestrians, and to maintain the smooth flow of traffic in the city.

Antipolo to hike tricycle fare

By Special Correspondent

The Antipolo City Council has approved a 10 percent increase in the fare for tricycles starting Monday, June 1, 2010. The new fare will be P10.00 for a 1.5 km trip, and P12.00 for a 2.5 km trip. The council cited the rising cost of fuel and maintenance as the reason for the increase.



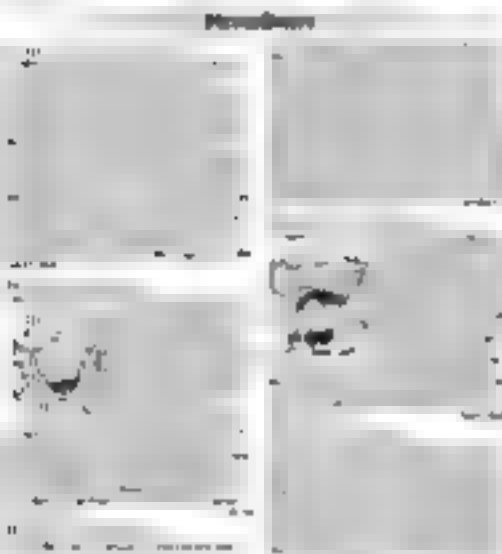
Ermita Church, declared Manda's ninth holy shrine.

Ermita Church declared Manda's ninth holy shrine

By Special Correspondent

The Ermita Church in Mandaue City has been declared the ninth holy shrine of the city. The declaration was made by the Mandaue City Council in a recent session. The church is one of the oldest and most prominent religious structures in the city, and its declaration as a holy shrine is a significant honor.

Sunshine needs your help



Person in photo.

Person in photo.

Person in photo.

Person in photo.

The Daily Globe



Isalp doesn't have bugging equipment

The Isalp (Island Air Support) unit does not have the necessary equipment to conduct bugging operations. This was stated by a representative of the unit during a recent meeting. The representative mentioned that the unit is currently working on acquiring the necessary equipment to enhance its capabilities.

Las Piñas revives salt-making tradition

The Municipality of Las Piñas has initiated a project to revive the traditional salt-making process. The project aims to preserve the cultural heritage of the area and to provide a source of income for the local community. The project involves the construction of salt pans and the use of traditional methods to produce salt.

METRO

with the following results:

Keywords: group learning; social loafing

Fake dollar bills, bank notes seized

By Ferguson E. Brown

[illegible]

includes some examples, such as the following:

Isaf doesn't have bugging equipment.



100

Detailed description of Figure 1: The graph plots the rate of polymerization, R_p , against the concentration of the inhibitor, C_i . The y-axis (R_p) has major ticks at 0, 0.5, and 1.0. The x-axis (C_i) has major ticks at 0, 0.5, and 1.0. A smooth curve starts at the point (0, 1.0) and decreases monotonically. The curve passes through approximately (0.5, 0.67) and (1.0, 0.5). The shape of the curve is characteristic of a reciprocal relationship, $R_p = 1/(1+C_i)$.

Figure 6.

1. *What is the main purpose of the study?*
 2. *What are the research objectives?*
 3. *What is the research methodology?*
 4. *What are the results of the study?*
 5. *What are the conclusions of the study?*
 6. *What are the limitations of the study?*
 7. *What are the implications of the study?*
 8. *What are the future research directions?*
 9. *What are the strengths of the study?*
 10. *What are the weaknesses of the study?*

[illegible]

program for "very low level" radiation was only about one-tenth that



[illegible]

Wade, O'Neal join forces as Heat repulse Wizards

MIAMI, Fla. (AP) — Dwyane Wade and Shaquille O'Neal joined forces to lead the Miami Heat to a 90-77 victory over the Washington Wizards on Sunday.

Wade scored 22 points, including a key layup with 1:15 left, to help the Heat (2-1) defeat the Wizards (1-2) in a game that was tied in the fourth quarter. O'Neal, who was named NBA MVP last season, scored 18 points and grabbed 12 rebounds.

The Heat's victory was a significant one, as it marked their first win in the Eastern Conference playoffs. The Wizards, on the other hand, were looking to make a statement in the Western Conference.



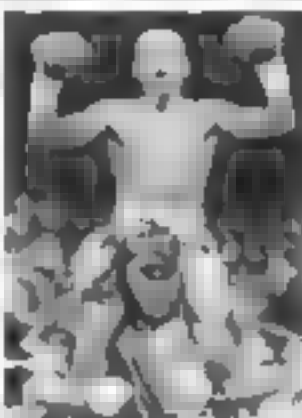
Shaquille O'Neal (33) jumps for a rebound during the game between the Miami Heat and the Washington Wizards on Sunday.

Artest wants to move out of Pacers

INDIANAPOLIS, Ind. (AP) — Reggie Miller and Ron Artest are looking for a way to leave the Indiana Pacers. Miller, who is a free agent, wants to join the Los Angeles Lakers. Artest, who is also a free agent, wants to join the New York Knicks.

Viet police looking into game-fixing by boxers

HANOI, Vietnam (AP) — Vietnamese police are investigating allegations of game-fixing by boxers in a recent tournament. The police are looking into reports that several boxers had been bribed to lose their fights.



A boxer celebrates after winning a fight during the tournament in Hanoi, Vietnam.

3rd Asean Para Games opening rites tomorrow; Lea Salonga to perform

MANILA, Philippines (AP) — The opening rites of the 3rd Asean Para Games will be held tomorrow in Manila. Lea Salonga, a popular Filipino singer, will perform at the event. The games are a multi-sport event for athletes with physical disabilities.

Donald hits jackpot at Target

MINNEAPOLIS, Minn. (AP) — A man named Donald has won a large sum of money at a Target store. Donald, who is a local resident, won the jackpot by purchasing a special lottery ticket. The winning ticket was sold at the Target store in Minneapolis.



Lea Salonga performs during the opening rites of the 3rd Asean Para Games in Manila.



Wiratchant: Asian Tour Player of the Year

BANGKOK, Thailand (AP) — Paratchant has been named the Asian Tour Player of the Year. Paratchant, a professional golfer, won the title after a successful season on the Asian Tour. He was named the Player of the Year for his outstanding performance throughout the year.



PHILIPPINE DAILY INQUIRER
DECEMBER 12, 2005

PHILIPPINE DAILY INQUIRER

BUSINESS

Low growth slows
down lower income

Economy in a downturn, not meltdown: Neri

**Crude gas firm
declared
bankrupt**

By Marissa A. Tan

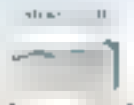
MetroPac seen acquiring NLEX stake in early '06

By Thomas A. Smith

Company	Market Cap	Revenue	Profit	EPS	P/E Ratio	Dividend	Yield
MetroPac	1.2B	1.5B	100M	1.50	10	0.50	3.3%
NLEX	800M	1.0B	80M	1.20	12	0.40	3.3%
Other	500M	600M	40M	0.80	15	0.30	3.0%



Neri



11 PM

12 PM

1 PM

PHILIPPINE DAILY INQUIRER



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DECEMBER 12, 2005
PAG. 1

71 LACPM

By David F. Davidson

[illegible]

Seaweed to top aquaculture trade in '06

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[illegible]

**Globe posts
P400-M home
for 4th hands**

See Related to: [Marketing](#)

Figure 1. A schematic diagram of the experimental design. The diagram shows a sequence of events: a subject is presented with a stimulus (a word or picture), then a response is recorded (e.g., a button press), and finally, the response is evaluated (e.g., a correct/incorrect judgment). The diagram also indicates the timing of the stimulus and response, with a 1000 ms interval between the stimulus and the response.

$\frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{4}$
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 $\frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{4}$

Equitable PCI Bank is the Best Domestic Bank in the Philippines for the second year in a row.

Equitable PCI

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REVISING
 News Index

/C4

LIFE STYLE

Gray Overhead

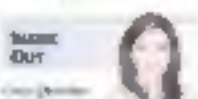
PHILIPPINE DAILY INQUIRER • LIFESTYLE • PHILIPPINE DAILY INQUIRER • PHILIPPINE DAILY INQUIRER • PHILIPPINE DAILY INQUIRER

Have a guilt-free yuletide season

The Christmas season is a time of joy and celebration. It is a time when we gather with our families and friends to share the love and warmth of the season. However, it is also a time when we are often faced with the guilt of not being able to spend time with our loved ones. This is especially true for those who are away from home during the holidays.

From
 The guilt of not being able to spend time with our loved ones is a common feeling during the Christmas season. This is especially true for those who are away from home during the holidays. However, there are ways to overcome this guilt and make the most of the season.

Isabel
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DAVIDSON's baby is a sweet little girl.

Why baby needs sleep

DAVIDSON is a baby's need for sleep. It is a common feeling during the Christmas season. This is especially true for those who are away from home during the holidays. However, there are ways to overcome this guilt and make the most of the season.

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DAVIDSON is a baby's need for sleep. It is a common feeling during the Christmas season. This is especially true for those who are away from home during the holidays. However, there are ways to overcome this guilt and make the most of the season.

Fitness beliefs can get you in trouble

even if it's not a bad idea, it's not a good idea. It's a bad idea to believe that you can get fit by doing a few exercises a day. It's a bad idea to believe that you can get fit by doing a few exercises a day.

No pain, no gain

It's a common belief that you can get fit by doing a few exercises a day. It's a common belief that you can get fit by doing a few exercises a day.

Stretching now

It's a common belief that you can get fit by doing a few exercises a day. It's a common belief that you can get fit by doing a few exercises a day.


It's a common belief that you can get fit by doing a few exercises a day. It's a common belief that you can get fit by doing a few exercises a day.

No pain, no gain

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Stretching now

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Will Aron
Fitness
Coach

Will Aron is a fitness coach and author of the book "The Fitness Beliefs That Get You in Trouble".

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EXERCISE OF THE WEEK

Supine hamstring stretch



How to perform: Lie on your back with your knees bent and feet flat on the floor. Pull one leg towards your chest, keeping the other leg straight. Hold for 30 seconds.

Benefits: This stretch helps to improve flexibility in the hamstrings and lower back, which can help to prevent injuries and improve posture.



Sweet smell of the season

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Mag shares healthy recipes

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